THE MERKABA

There are different symbols when it comes to sacred geometry, and several of them are printed on T-shirts or used in jewellery designs.

One of the most frequent is the conjunction of two three-dimensional opposite triangles, which is called the **Merkaba**. At this point, you may wonder what does Merkaba mean?

All of these symbols have some roots in ancient traditions or religions and are designs that are revered for different purposes. Each also has its own story and concept.

Generally, these symbols can be said to focus on personal development, achieving inner peace, and connecting with higher forms of consciousness.

Without further ado, we begin this article on one of the most enigmatic figures of Sacred Geometry. I hope you enjoy it!!

WHAT IS MERKABA?

Merkaba, also known as **Merkabah**, literally translates to light, spirit, and body.

This **sacred symbol** is a shape made up of 2 intersecting tetrahedrons and rotating in opposite directions, creating a three-dimensional energy field.

You can activate this vehicle of light around your own body with meditation and breathing techniques.

As we saw in the Flower of Life mandala, the Merkaba provides protection and can transport your consciousness to higher dimensions.

The Merkaba form reminds us of the potential power we can exert when we unite our energies in the search for connection and growth.

MERKABA MEANING

The word Mer-Ka-Ba is made up of three words Mer, Ka and Ba.

These words, as we are using them, come from **ancient Egyptian**.

There are various pronunciations of **Merkaba such** as **Merkabah, Merkava, and Merkavah.**

We usually pronounce the word with an emphasis on the second syllable: Mer-KA-ba.

Others pronounce it with the same accent on each syllable, such as Mer-ka-ba.

Mer refers to a specific type of light that became known in Egypt during the 18th Dynasty after the reorientation of religions towards the worship of a single God of all creation.

"Mer" was seen as two counter-rotating fields of light rotating in the same space. These fields are generated when a person performs specific breathing patterns.

Ka refers to the individual spirit of a person.

Ba refers to the spirit's interpretation of its particular reality. In human reality, Bah is generally defined as the **body or physical reality**.
In other realities where spirits do not have bodies, Bah refers to their concepts or interpretation of reality in the realm in which they exist.

Together, these three words connote **the union of the spirit with the body, surrounded by light.**

The symbol, which takes the shape of a star, is believed to be a divine vehicle made entirely of light and designed to transport or connect the spirit and body to higher realms.

Ancient Jewish texts reveal that the word Ba also comes from Old Hebrew and means **car or vehicle**, and the Bible reveals that the word Merkaba itself is found in the Old Testament a total of 44 times.

The symbol is said to be composed of **2 tetrahedra**, consisting of counter-rotating fields of light and energy that surround each person.

This energy extends beyond the body.

Some believe that even the planets have this Merkaba energy field around them.

Merkaba Made Of Birchwood

Click The Picture To Zoom In

MERKABA PROPERTIES

The benefits of using the Merkabah are very varied:

The star tetrahedron is the most powerful **healing and protection** tool in **sacred geometry**.

By using the ancient Prana breathing technique, we can restore the flow of Prana through the pineal gland in the centre of our brain.

This use of our **pineal gland**, which has been practically inactive for 13,000 years, allows the intensive use of our telepathic and extra-sensory perception abilities.

This energy tetrahedron balances and revives the activities between the two sides of our brain.

Such training strengthens our sensitivities and mental capacities.

The Merkaba star helps us in our personal development. It elevates us and connects us with our being to a higher level (that is, ourselves at a higher level of consciousness).

The Merkaba symbol allows us to feel unconditional love.

The practice of Kundalini (opening of the heart) heals both ourselves and others.

It gives us the ability to create any kind of harmonious reality that we want.

The Merkabah can be "programmed" to do anything (the only downside is our own belief and imagination).

The Merkaba is also a tool that can be used to transcend to other dimensions.

Revived studies and practices of the Merkabah are emerging around the world after so many years of being suppressed from different sources, including the Old Testament, the Kabala, and even the traditional Tarot cards.

MEDITATION WITH SACRED GEOMETRY, SYMBOLS AND MEANINGS

Recognize yourself as an infinitely powerful being, capable of creating whatever you set your mind to

HOW TO ACTIVATE THE MERKABA

Each of our Merkabas is in constant connection with Source, so your creative matrix allows you to combine soul intention with the spark of source energy to create whatever reality you choose.

Like crystals, it is programmed through meditation and intentions, as long as you actively rotate, which is done through breathing exercises and intent instruction.

Fortunately, only you control your Merkaba, no one else can, although healers can help you with breath work to accompany you in your process.

Active programming is very yang in energy, task-specific, detailed and proactive.

If there is negative energy emanating from another person, you can program your Merkaba to deflect it.

If you want a specific job or relationship, your Merkaba can reach into the energy matrix and help conspire to create this reality.

The female pattern is more reactive, so try creating a statement like; "Merkaba, I program you to flow easily into this physical reality and see that all my needs and desires are fulfilled for the highest good of all involved."

This is great as you have less judgment about specific situations and more acceptance of synchronicity.

HOW TO ACTIVATE THE STAR OF DAVID? YOU MAY BE WONDERING. THAT EASY!

1. Get into a comfortable position, be it sitting or lying down, close your eyes and let your mind know that you are ready to program your Merkaba.

2. Visualize the tetrahedra surrounding your body; male pointing upward starting at the knees, extending several feet above the head and the female tetrahedron extending from the shoulders to below the feet. Now watch your tetrahedra spinning.
3. Activate each pyramid to rotate in different directions, the male to rotate from left to right around it, and the female to rotate from right to left. See if you feel energized as they activate and energize when spinning.
4. Visualize a field of light around your body, expanding more and more in the shape of a saucer. Inhale deeply and slowly, and exhale.
5. Now focus attention on what you want, set your intentions, your Merkaba will work on your vision without any deviation.
6. Give thanks and say "And so it is" when your visualizations are clear, visualize your aura shining around you, imagine each of your chakras rotating in themselves with its characteristic colour and feel how your body and your DNA are activated to the maximum potential.
7. Reconnect with your body, you can feel that you left your physical body. Give thanks that your vision is being updated, have faith and wait for magic and miracles to materialize.

MERKABA MEDITATION

Merkaba meditation is a simple yet powerful meditation technique that can be beneficial to anyone.

Energy Tetrahedron Meditation is based on the belief that the human body is surrounded by energy fields, which take their shape from geometric shapes.

These energy fields radiate from the body and spin at incredibly high speeds.

However, for many people, these energy fields have slowed considerably or come to a complete stop as their mind, body, and spirit become contaminated by the pressures and strains of everyday life.

If these energy fields do not travel at the proper speed, a person cannot fully enjoy the wonders of life and the miracles of the natural world around him.
It is as if they are only half alive, wandering slowly each day without being able to notice any of the small details that enrich the experience of existence.

Merkaba meditation is a way to activate these personal energy fields so that each person can become fully alive again.

The Merkaba is said to be present at the base of your spine, affecting your Kundalini energy.

Merkaba meditation makes it easier for the Kundalini energy to rise and spread throughout the body by unblocking channels and clearing the chakras.

Merkaba meditation aligns the energy fields of your body and allows for easier energy movement.

Meditation elevates you to higher consciousness and takes you beyond the limitations of daily life.

It is an advanced meditation technique and it is recommended to study and practice it carefully with a person qualified for this accompaniment.

HOW TO PRACTICE MERKABA MEDITATION

Practice the Merkaba Drunvalo Melchizedek meditation through the spherical breathing process of 18 breaths. Check it out below.

VIDEO: MERKABA MEDITATION BY DRUNVALO MELCHIZEDEK

Click The Picture To See The Video

1. **First breath**
2. **Second wind**
3. **Third breath**
4. **Fourth breath**
5. **Fifth breath**
6. **Sixth breath**
7. **Seventh breath**
8. **Eighth breath**

9. **Ninth breath**
10. **Tenth breath**
11. **Eleventh breath**
12. **Twelfth breath**
13. **Thirteenth breath**
14. **Fourteenth breath**
15. **Fifteenth breath**
16. **Sixteenth breath**
17. **Seventeenth breath**
18. **Eighteenth breath**

FIRST BREATH

Inhale and open your heart to feel love for all lives. Visualize a bright white light surrounding your body. As you inhale, place your thumb lightly on the first finger and spread the other fingers. Keep your palm up.

Inhalation should be done in a yogic way. Inhale through both nostrils, first from the stomach, then the diaphragm, and then from the chest. Do it in one quick hit.

Exhale with the abdomen inward and lift it as you exhale. Keep your chest firm. Relax after the exhale.

Maintain your rhythmic breathing pattern. Count 7 seconds while inhaling and do the same while exhaling.

Move your eyeballs slightly from side to side as you exhale and then gently lookup. You will feel a tingling sensation between your eyes. Look down after this - you will feel a load going down your spine.

SECOND WIND

When you feel the energy going down your spine, change the mudra. Join the thumb and second finger. Inhale and exhale in the same way as you did on the first breath.

THIRD BREATH

Change the mudra. Move your thumb to the third finger and breathe in the same way as you did on the first breath.

FOURTH BREATH

Join the thumb and little finger on the fourth breath. Inhale and exhale in the same way as you did on the first breath.

FIFTH BREATH

Put your thumb back on the first finger and breathe in the same way as you did on the first breath.

SIXTH BREATH

Repeat the second breath and mudra.
The first six breaths balance your polarities and clear your electromagnetic system. The next seven breaths are the second part.

SEVENTH BREATH

The seventh breath begins with a new style of breathing. Feel the love in your heart and inhale. Visualize a tube extending from the top of your head down under your feet.

Feel pranic energy moving from the top of the tube to the belly button and the same energy moving up from the bottom of the tube to the belly button. As you inhale, the two points meet and expand.

Put your thumbs, first, and second fingers together and keep your palms up. Inhale and exhale deeply in a yogic rhythmic manner without holding your breath at any time.

EIGHTH BREATH

Inhale naturally as your lungs empty themselves on the previous exhale. The pranic energy in your belly button continues to grow in size. As you exhale, the pranic energy reaches its maximum size.

Maintain the rhythmic breathing pattern with the same mudra.

NINTH BREATH

By inhaling and exhaling with a similar breathing pattern and the same mudra, the pranic energy is concentrated in the navel region as it cannot grow further.

With the inhale and exhale, the pranic energy becomes brighter and brighter. Maintain the rhythmic breathing pattern with the same mudra.

TENTH BREATH

When you inhale, the pranic energy becomes brighter, reaches its maximum limit, and turns into a blinding ball of white light. As you exhale, make a small hole with your lips and expel the air with pressure.

As you exhale, the white sphere extends through your fingertips and encloses your body in a sphere of white light. Maintain the rhythmic breathing pattern with the same mudra.

ELEVENTH BREATH

Breathe rhythmically with the same mudra. Feel how the prana flows up and down, meets at the navel and spreads to a larger sphere.

TWELFTH BREATH

Relax and breathe rhythmically with the same mudra. Feel how the prana flows up and down, meets at the navel and spreads to a larger sphere.

THIRTEENTH BREATH

Relax and breathe rhythmically. Feel the prana flowing up and down, meeting at the navel and spreading to a larger sphere. This breath stabilizes the pranic field.

FOURTEENTH BREATH

Feel the love in your heart and inhale. As you do so, change the original meeting point of the pranic energy from the navel to the sternum. The brightest large sphere containing the original field moves towards the sternum within the energy tube.

Change your mudra by placing the left palm on the right palm for men and vice versa for women. Breathe rhythmically and comfortably. Focus on the pranic flow in your body gathering at the sternum and expanding. Feel the breath, the flow of energy, and your connection to life.

The last three breaths are crucial. Do this only when you connect with your higher self.

FIFTEENTH BREATH

Fill your heart with love and become aware of the three tetrahedra overlapping each other. A tetrahedron does not generally move and is fixed in the body.

One is male and one is electric. Represents the human mind. This tetrahedron rotates counterclockwise.

The third tetrahedron is a magnetic female that rotates clockwise and represents human emotions.

Keep your hands up and breathe, thinking that the two moving tetrahedra should rotate at the same speed.

Punch a hole with your lips and exhale with the star tetrahedrons spinning in opposite directions at the same speed. The Merkaba experience begins from here on.

SIXTEENTH BREATH

Keeping the same mudra, inhale. And as you exhale through your mouth, similar to the fifteenth breath, you can feel the speed of the tetrahedrons double and form a disc around your body at the base of your spine. The puck is wobbly and needs stability.

SEVENTEENTH BREATH

Holding the same mudra and feeling unconditional love for life, breathe, telling your mind to increase the Merkaba to nine-tenths the speed of light. Exhale through your mouth in the same way as the fifteenth breath.

Inhale and exhale in a balanced and yogic way. Exhale forcefully and stabilize your Merkaba.

EIGHTEENTH BREATH

You will receive the eighteenth breath of your higher self. It will take you through the speed of light to another world for a while.

BENEFITS OF MERKABA MEDITATION

- Merkaba meditation expands and elevates your consciousness.
- It helps you experience the infinite possibilities of your being.

- The Merkabah increases the intuitive and perceptual aspects of your mind.
- Balance your mind and relieve stress.
- The Merkaba heals your being and helps you have a deeper contact with your higher self.
- Increase your energy and allow for a stronger connection to life.

TETRAHEDRON MEANING

The Tetrahedron (also called Triangular Pyramid). It contains 4 faces, 4 vertices, and 6 edges. Each face is triangular.

The Tetrahedron represents the Fire element and is linked to the Solar Plexus; The centre of personal power and acceptance. Create a natural balance between the physical and the spiritual. Each side sits flat, no matter how it's turned, making it the perfect symbol for balance and stability.

STAR OF DAVID

The star tetrahedral also known as the Star of David. The Star of David is the symbol of Judaism, a set of religious beliefs and practices that originated in the Hebrew Bible. It is interesting to note that when drawn on top of each other, the 24 letters in the ancient Hebrew language together form the Star Tetrahedron.

The most common arrangement of the water molecule is in the geometric shape of the tetrahedron. The silicon molecule also has this geometric shape and, although it is currently Water that gives us life, silicon can also support life.

MERKABA TO PRINT

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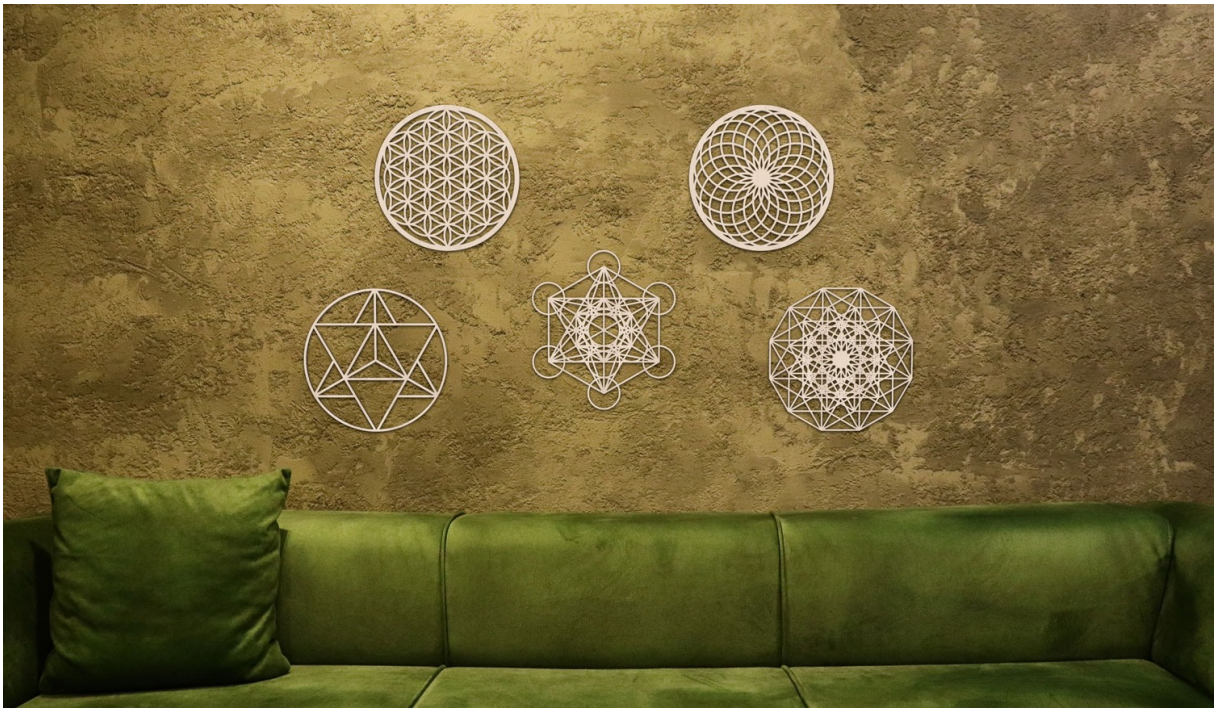

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